

Canoeing Badge

Introduction:

To arouse Brigaders' interests towards canoeing, and to teach Brigaders how to control a canoe safely and correctly, letting them enjoy the excitement of canoeing.

Course outline and assessment criteria

1. Stage 1 Badge

- i. Safety precautions for canoeing
- ii. Understanding of the canoe paddle and lifejacket
- iii. Ability to swim for 25 meters (with clothes and lifejacket)
- iv. Practical training
 - Donning method for lifejacket
 - Skills for paddling forward, emergency stop, embarking and disembarking (in shallow water)
 - Sweep stroke
 - Whistle signal
 - Raft up
 - Skills for launching individually
 - Emptying the canoe by two people near the coast
 - Stern rudder
 - Launching the canoe by two people
 - HI - Rescue
 - Rolling in deep water and capsize training (towing back to the coast)
- v. Examination: All of the above practical trainings

2. Stage 2 Badge

- i. Ability to swim for 25 meters (with clothes and lifejacket)
- ii. The impacts of weather on canoeing activities
- iii. Practical Training
 - Emptying the canoe individually near the coast
 - Launching the canoe individually
 - Support Stroke
 - X - Rescue
 - Draw Stroke
 - High brace turn slap for support
 - Skills for embarking and disembarking (at the beach and slope)

- iv. Examination: All of the above practical trainings

3. Stage 3 Badge

- i. Personal and group gears
- ii. Understanding about tidal current
- iii. Understanding the use of map and chart compass
- iv. Basic knowledge about marine maintenance
- v. Practical training
 - Demonstrating how to organise a one-day journey
 - Slap for support during embarking and disembarking (at the pier)
 - Sculling Slap for support
 - Sculling Draw
 - Understanding donning of sprayskirt
 - Low Brace Turn
 - X - Rescue
 - Eskimo rescue
 - Swimmer to canoe rescue
- vi. Examination: All of the above practical trainings

Remark: Finish a journey which is not less than 15 kilometers in one day with a written proposal and report.

Notes

1. Exchange

Stage	Certificates used for exchanging a badge
Stage 1 Badge	Kayak 2 Star Award or Junior Sea Lion Badge given by Hong Kong Canoe Union
Stage 2 Badge	Kayak Proficiency Bronze Award given by Hong Kong Canoe Union
Stage 3 Badge	Kayak Proficiency Silver Award given by Hong Kong Canoe Union

2. A Brigader can only exchange one canoeing badge each year

3. Certificate of each level can only be used to exchange one stage in this badge.